the container is filled with product to be blended through a container opening, the lid is applied to the container opening to seal the container contents,

the container is located so that the blending means is in driving engagement with the drive means,

at a blending stage, the drive means is actuated to cause the blending means to operate and blend the contents within the container, and

access is gained to the blended food product in the container through said opening whereby to consume the blended product.

34. (new) A method to claim 33 wherein the container is inverted after uniting it with the container lid and before blending, so that the lid is lowermost during operation of the blending means.

- 35. (new) A method according to claim 33 wherein the container is located in a seating for the blending operation, with the drive means directed upwardly for engagement with the blending means.
- 36. (new) A method according to claim 35 wherein the seating includes locating means for locating the container during blending.
- 37. (new) A method according to claim 33 wherein the container contents are heated prior to blending.

- 38. (new) A method according to claim 37 wherein heating means for the container is operable when the container is located for a blending operation.
- 39. (new) A method according to claim 37 wherein heating of the container contents is by microwave means.
- 40. (new) A method according to claim 33 wherein the container contents are cooled prior to blending.
- 41. (new) A method according to claim 33 wherein the container contents are aerated prior to, during, or after blending.
- 42. (new) A method according to claim 33 wherein product in the container is carbonated at the blending stage.
- 43. (new) A method according to claim 33 wherein the container is engaged by securing means during the blending stage.
- 44. (new) A method according to claim 33 wherein containers are nested with each other by locating one container into an open end of another container after

manufacture and before transportation to a container filling location at which the containers are de-nested from one another.

45.\(\(\)(new)\) A container for blending food product comprising

a vessel having an upper opening through which food product is chargeable into the vessel,

lid means for closing the upper opening,

and blending means for blending food product in the container,

the blending mean including an impeller mounted on the lid means for rotation relative thereto and for location within the container,

and the blending means being driveably connectable to drive means external to the container,

the impeller means being united with the lid means during use.

46. (new) A container according to claim 45 wherein the container vessel is nestable with other container vessels.

- 47. (new) A container according to claim 45 wherein the container is locatable in a seating in an inverted position during blending.
- 48. (new) A container according to claim 45 wherein the contents of the container are able to be heated by heating means when on said seating.

- 49. (new) Container lid means for the container of claim 45 comprising a container lid having united therewith blending means which includes a blending element rotatable relative to the lid and projecting from one side of the lid so that in operation the blending element is rotatable within the container to which the lid is fitted.
- 50. (new) Container lid means according to claim 49 wherein the blending means includes drive engagement means whereby the blending element is driveably engageable with drive means for the element.
- 51. (new) Blending apparatus for blending food product comprising a container including a vessel and lid means for the vessel, the lid means housing blending means including an impeller extending into the vessel in use and being rotatable relative to the lid means, drive means for driving the impeller, mounting means for the container, and drive connection means for connecting the drive means and the impeller.
- 52. (new) Blending apparatus according to claim 51 wherein the vessel is invertably mountable on a seating during a blending operation, the blending means extending upwardly into the body of the vessel, and the seating housing the drive means.
- 53. (new) Blending apparatus according to claim 52 wherein the seating includes means for embracing the side walls of the vessel.

54. (new) Blending apparatus according to claim 51 wherein the seating is defined by jug means in which the vessel is locatable, the jug means being removeably attachable to mounting means incorporating the drive means.

55. (new) A method of dispensing food product in disposable containers having integral rotary blending means located internally of the container, which blending means is drivingly connectable to drive means externally of and separate from the container; wherein the container is made, then nested with other containers and taken to a charging location;

the containers are de nested and charged with product ingredients at the charging location;

the charged container is sealed to seal the food product within the container,
the container and its contents are located on a seating for support of the container
during blending,

the blending means is drivingly connected to the drive means at the dispensing location and the drive means is actuated to cause the blending means to operate and blend the ingredients within the container,

and access is gained to the blended food product within the container after release of the container from the location means.

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56. (new) A method according to claim 55 wherein the seating encloses the sides of the container to securely locate the container in the seating.

57. (new) A method according to claim 55 wherein the product is heated prior to operation of the blending means.

58. (new) A method of dispensing blended food products in disposable containers having integral rotary blending means located internally of the container,

which blending means is drivingly connectable to drive means externally of and separate of the container,

wherein the container is made and then nested with other containers and taken to a charging location;

the containers are de-nested, charged with product ingredients at the charging location which is remote from a dispensing location;

the container is sealed to seal the ingredients within the container;

the blending means is releasably drivingly connected to the drive means at the dispensing location,

product within the container is subjected to heat exchange at the dispensing location,

and the drive means is actuated to cause the blending means to operate and blend the ingredients within the container, access is gained to the blended food product within

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the container which has reached a selected consumption temperature, whereby to

consume said blended product from the container .--